

## LET'S TALK

# Personal Safety

## WITH OUR KIDS!



## Tips for Successful Discussions

### ANSWER QUESTIONS AS THEY ARISE.

#### WHY IS IT IMPORTANT?

Children are curious about sexuality and will seek information from the internet or peers if not receiving it from guardians and educators.

#### IDEAS FOR PARENTS/GUARDIANS

- If unable to answer say, “we can discuss that at another time,” and bring it up when you have the information or privacy you need to answer.

### TAKE OPPORTUNITIES THAT COME UP IN DAILY LIFE TO TALK ABOUT THINGS KIDS SEE IN MEDIA.

#### WHY IS IT IMPORTANT?

Children are exploring what is appropriate social behaviour and need guidance.

#### IDEAS FOR PARENTS/GUARDIANS

- Talk about why there are content warnings and age ratings on TV shows, movies, games, etc.
- Ask your child to share what they are seeing online.

Check out:

- [Mediasmarts links](#)
- [Programs & Initiatives: ProtectKidsOnline.ca](#)

### INCLUDE A VARIETY OF PERSPECTIVES WHEN SELECTING BOOKS FOR YOUR CHILD.

#### WHY IS IT IMPORTANT?

Children love learning! Reading about kids who may be different than themselves is a great way to open discussions about acceptance and friendship.

#### IDEAS FOR PARENTS/GUARDIANS

- Ask for recommendations from the local library.
- Look for books with a variety of main characters from different backgrounds and experiences.
- Read the books your children are reading to start conversations.

### TALK WITH YOUR CHILD'S TEACHER ABOUT WHAT IS BEING TAUGHT TO HELP ANSWER QUESTIONS AT HOME.

#### WHY IS IT IMPORTANT?

By knowing what is being taught, you can support additional questions that arise and have time to gather information.

#### IDEAS FOR PARENTS/GUARDIANS

- Check out the curriculum for Personal Wellness 3-5.
- Listen to your child about what they are learning and ask questions to help them understand new things.
- Make an appointment with your child's teacher to work together when a child needs more information.

## BE OPEN TO DISCUSSING QUESTIONS THAT ARISE AND HOW THEY RELATE TO FAMILY AND CULTURAL VALUES.

### WHY IS IT IMPORTANT?

Family and cultural values play a large part in understanding what they are learning.

### IDEAS FOR PARENTS/GUARDIANS

- Involve children in age-appropriate discussions regarding family and cultural values on a regular basis.
- Talk about ways to respect family and cultural values that may be different from their own.

Check out:

- [Diversity and Inclusion in Schools - MCAF](#)
- [Policy 703 - Positive Learning Environment \(gnb.ca\)](#)
- [Policy 322 - Inclusive Education](#)
- [NB Human Rights Act](#)

## ENCOURAGE YOUR CHILD TO SET BOUNDARIES WITH ADULTS AND PEERS REGARDING PERSONAL SPACE.

### WHY IS IT IMPORTANT?

Empowering children with knowledge about personal safety and boundaries can help reduce their risk of victimization (protectchildren.ca).

### IDEAS FOR PARENTS/GUARDIANS

- Discuss that consent means giving permission for something to happen.
- Model by asking permission for hugs and respecting when children say no.
- Watch [Youtube: Consent for Kids](#) with your child to start a conversation.

Check out:

- [Resources & Research: Keeping Kids Safe - protectchildren.ca](#)
- [Consent - Parents | Teaching Sexual Health](#)
- [6 Resources to Help Parents Talk to Kids About Consent | National Sexual Violence Resource Center \(NSVRC\)](#)

